

**THE WOMAN  
BEAUTIFUL**

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649735242

The Woman Beautiful by Mme. Qui Vive

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Edited by Trieste Publishing Pty Ltd.  
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**MME. QUI VIVE**

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BEAUTIFUL**





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Faithfully yours  
Helen Foblett Stevens

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*Autograph Edition*

THE  
WOMAN BEAUTIFUL

BY

MME. QUI VIVE

(HELEN POLLETT STEVANS, OF THE "CHICAGO TIMES-HERALD")

Jameson, Helen Pollett



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PUBLISHERS

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TO MY TIMES-HERALD CORRESPONDENTS—  
AND EVERY WOMAN WITH A BEAUTY-WOE

*My gratitude is due the Chicago  
Times-Herald for the privilege  
of reprinting most of the reci-  
pes and material in this book.*





## PREFACE

The Woman Beautiful is not a radiant creature of gorgeous plumage and artificial beauty, but a woman of wholesome health, good hard sense, sparkling vivacity and sweet loveliness. Her beauty-creed hangs not from rouge pots and bleaches, but suspends like a banner of truth from the laws of wise, hygienic living. Her cheeks are tinted with the glow that comes from good, well-circulated blood, her eyes are bright and lovely because her mind is so, and her complexion is transparent and soft and velvety for the reason that the true art is known to her. The Woman Beautiful is all sincerity. She doesn't like to sail under false colors and so insult old Dame Nature, whose kindnesses and benefits are so well meant and freely offered.

